

GARDEN GAZETTE

MARCH 2019

SAINT
PATRICK'S
DAY

RENOVATIONS

NO NEW UPDATES



SENIOR BINGO

THE SECOND MONDAY OF EACH
MONTH.

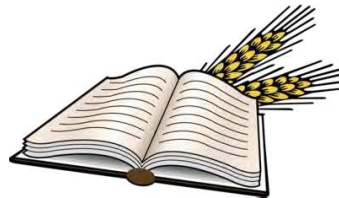
COME AND JOIN US.

MARCH 11TH AT 9:30



**WISHING EVERYONE BORN IN THE MONTH OF
MARCH A VERY HAPPY BIRTHDAY!**

BIBLE STUDY/ TRUE VINES MINISTRIES



WILL MEET IN THE DINING ROOM

THURSDAYS 2PM

GARDENDALE FUNERAL HOME



The second Monday of each month a representative will be bringing cupcakes and will be available to answer questions you may have concerning pre-needs - funeral arrangements, burial policies

MARCH 11TH at 10:00

WALKING

**COME AND WALK WITH US, MONDAY, WEDNESDAY
AND FRIDAY.**

CENTER DINING ROOM AT 10:30 AM



CHURCH OF THE HIGHLANDS

SERVICE AND LUNCH MARCH 2nd

BEGINNING AT 10AM

CENTER'S DINING ROOM

Remember to keep saving your pull tops from any type cans for the Ronald McDonald House. There is a collection house located in the dining room.



Nita Clark and Tammy Womble are Notaries Public. If you need important documents notarized they are at your service, by appointment. You may reach Nita at 841-5032 ext.1102 or Tammy at 841-5032 ext.1104.

Please call before you come, to ensure they are available

WHERE TO SUBMIT YOUR RENT

ALL RESIDENTS PLEASE MAKE YOUR CHECKS OR MONEY ORDERS PAYABLE TO JEFFERSON COUNTY HOUSING AUTHORITY (JCHA). MAIL YOUR PAYMENTS TO THE ADDRESS BELOW OR DROP IT IN THE DROP BOX LOCATED AT THE CENTER. **DO NOT LEAVE IT IN THE FRONT DOOR.**

ALL RENT IS DUE BY THE 10TH OF EACH MONTH.

201 Spring Gardens Rd.
Birmingham, AL 35217

Center: (205) 841-5032
Maintenance: (205) 808-4177

**HOT LUNCHES ARE SERVED DAILY AT 11:30
PLEASE SIGN IN BY 10:30 FOR SEATING**



Lunches are provided by United Way Area Agency on Aging. Donations, in any amount, are appreciated but not required.

If you are physically unable to stand in line to receive your lunch a volunteer will be happy to serve you at your table. If you are in need of this service and are not currently on the table service list contact Nurse Cathy (841-5032) for evaluation.

The food items, drinks, flatware and cups that are provided by United Way Area Agency are the only items allowed in the dining room. NO EXCEPTIONS. Condiments are allowed as long as they are store bought and labeled.

No one under the age of 60 years of age (unless it is a resident) is allowed to be present during lunch or participate in any other activity held at the Center during business hours. This includes children.

Policy on Foods Taken Away from the Center

Participants receiving a congregate meal shall be allowed to take home fresh fruit, unopened cartons of fruit juice; wrapped cakes, cookies and snack cakes, individually wrapped portions of corn chips or potato chips. All other leftover foods shall be discarded at the end of the serving day.

****Take only one serving of milk, juice, fruit, snack cakes & cookies with your meal. If there are leftover items, after everyone is served, you may help yourself to one additional serving. The milk must be consumed at the center.**

If you would like to purchase an additional meal after everyone is served, they are available for \$3.35.

Hot lunches are ordered based on the number of people that support the center regularly and are served at 11:30, on a first come, first serve basis. The lunch tickets are limited to the number of meals ordered for any given day. Be sure to sign in daily by 10:30 to get yours before they are all gone. You must sign in and have a ticket to receive a meal. Please do not sign other people on the meal list unless they are in the building. We cannot hold meals for people who have a ticket and are not present at the time lunch is served. No lunches will be served after 12:00.

****If you receive frozen meals at your apartment, you are not eligible to receive the hot congregate meals served at the Center Dining Room.**

(Based on the guidelines of United Way Area Agency on Aging.)

Freshen up your nails with a:

MINI MANICURE



March 7 at 10:00-12:00 in the Craft Room

Sign up sheet is located at the reception desk.
Limited slots available

CORNER MARKET



**AT SPRING GARDENS THE 1ST
AND 3RD WEDNESDAY OF
EACH MONTH.**

1:00 PM

PARKING

The following still applies to parking at Spring Gardens.

1. All vehicles must be parked in a marked parking space. This includes visitors. **DO NOT PARK ON THE SIDES OF THE ROAD OR ON THE GRASS.**
2. No resident has an assigned parking space.

The roadways must stay unobstructed to allow emergency vehicles to travel freely, as needed.

Parking citations will be issued to violators.

JCCEO

Representatives from JCCEO will be at our Center on March 19th.

Assistance applications are attached to this newsletter and the signup sheet is located at the Spring Gardens receptionist desk. Call, (841-5032) between 9am and 1pm, to get an appointment time scheduled. Everyone needs to be signed up by March 13th at 1:00 pm. No appointments will be taken after that date and time.

On the day of your appointment bring the completed application and the necessary documents.

If you have documents that need copied you may copy those at the receptionist desk. If you don't have the document(s) you need, contact Deborah at 841-5032, ext.#1105, prior to March 19th.

There will be no copies made the day of the event, NO EXCEPTIONS.

SPRING FORWARD



Daylight savings time begins March 10th.

Don't forget to set your clocks forward 1 hour.

GAME DAY

COME JOIN US FOR FUN AND GAMES, CHECKERS, CARDS, PUZZLES, WORD GAMES AND DOMINOES.

FEB. 6TH 9AM

HICKORY RIDGE

Maintenance will service the air filters the month of March.

LUNCH HANDOUTS MONTH OF MARCH

- *CABBAGE...DID YOU KNOW?
- *CANNED FOODS CAN BE NUTRITIONAL!
- *DIET and SLEEP Disturbance
- *How to MAKE Infused Water-
- *A healthy alternative to sugar sweetened beverages.

March 2019

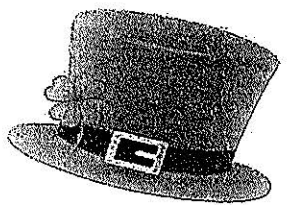
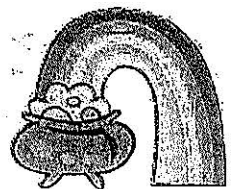
March 2019							April 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Feb 24	25	26	27	28	Mar 1	2
2/24 - 3/1						10:30am WALKING 11:30am Puzzle Handout	10:00am CHURH OF THE HIGHLANDS
	3	4	5	6	7	8	9
3/3 - 8		10:30am WALKING 12:15pm Banks/F'land	Pest Cont.Outside-Pin 10:00am Ceramics	9:00am GAME DAY 10:30am WALKING 1:00pm Corner Market	10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:30am WALKING 11:30am Puzzle Handout	
	10	11	12	13	14	15	16
3/10 - 15		9:30am senior bingo 10:00am gardendale funeral home 10:30am WALKING	Pest Cont.Outside-Grr 10:00am Ceramics	9:00am memory screening 10:30am WALKING	10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:30am WALKING 11:30am Puzzle Handout	
	17	18	19	20	21	22	23
3/17 - 22		9:00am MOVIE/ CADILLAC 10:30am WALKING	JCCEO by apptmt only Pest Cont.Outside-Blu 10:00am Ceramics	10:30am WALKING 1:00pm Corner Market 1:00pm Jernigans	10:00am Crafts 2:00pm True Vines Ministries	10:30am WALKING 11:30am Puzzle Handout	
	24	25	26	27	28	29	30
3/24 - 29		9:30am MUSIC/MORE SOUL 10:30am WALKING	Pest Cont.Outside-Yel 10:00am Ceramics	9:30am MUSIC 10:30am WALKING	10:00am Crafts 12:15pm Wal-Mart 2:00pm True Vines Ministries	10:30am WALKING 11:30am Puzzle Handout	
	31	Apr 1	2	3	4	5	6
3/31 - 4/5							

MARCH

ADSS NUTRITION PROGRAM

WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><u>Menu 4</u> 1</p> <p>Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk</p>
<p><u>Menu 5</u> 4</p> <p>Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Milk</p>	<p><u>Menu 6</u> 5</p> <p>Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk</p>	<p><u>Menu 7</u> 6</p> <p>Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p><u>Menu 8</u> 7</p> <p>Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 9</u> 8</p> <p>Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk</p>
<p><u>Menu 10</u> 11</p> <p>Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk</p>	<p><u>Menu 11</u> 12</p> <p>Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p><u>Menu 12</u> 13</p> <p>Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk</p>	<p><u>Menu 13</u> 14</p> <p>Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 14</u> 15</p> <p>Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p><u>Menu 15</u> 18</p> <p>Grape Juice Salisbury Steak/Brown Gravy Rosemary Potatoes Green Beans Whole Grain Bread Margarine Chocolate Chip Cookie 1% Milk</p>	<p><u>Menu 16</u> 19</p> <p>Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p><u>Menu 17</u> 20</p> <p>Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p><u>Menu 18</u> 21</p> <p>Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p><u>Menu 19</u> 22</p> <p>Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk</p>
<p><u>Menu 20</u> 25</p> <p>Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 1</u> 26</p> <p>Orange Juice Baked Lemon Pepper Chicken Thigh Parslied Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 2</u> 27</p> <p>Flame Broiled Beef Patty/Bun Baked Beans Parslied Potatoes Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p><u>Menu 3</u> 28</p> <p>Three Bean Beef Chili Parslied Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	<p><u>Menu 4</u> 29</p> <p>Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk</p>